



# Navy and Marine Corps Public Health Center "Quick Hits"



September 2011

## Fruits & Veggies - More Matters

September is National Fruits & Veggies—More Matters® Month. The theme for the 2011 campaign is “Eat a Variety of Fruits & Vegetables Every Day.”

Sailors, Marines and their families that regularly eat a variety of fruits and vegetables get the essential vitamins and minerals that only these foods can provide, supporting them in maintaining optimal health.

In addition to supporting weight loss, consuming the recommended number of servings of fruits and vegetables daily also helps decrease the risk of various diseases, such as heart disease, cancer, and type-2 diabetes... all of which can negatively impact operational readiness.



Navy Medicine Leadership is strongly encouraged to promote and support this program.

### National Fruits and Veggies—More Matters® Month Tips...

Commands can support the 2011 National Fruits & Veggies—More Matters® Month initiative by:

- ▶ Encouraging your command to establish a “healthy food policy” for command events which includes plenty of fruits and vegetables. Guidelines can be found at: [http://www.cdc.gov/nccdphp/dnpao/hwi/downloads/healthy\\_worksite\\_food.pdf](http://www.cdc.gov/nccdphp/dnpao/hwi/downloads/healthy_worksite_food.pdf)
- ▶ Recommend that every service member at your command determine their individual recommended number of daily servings of fruits and vegetables, which can be found at: <http://www.fruitsandveggiesmatter.gov/>
- ▶ Support the “Healthy Alternatives” NEXCOM vending program by encouraging them to add fresh or dried fruits and vegetables to the vending machines at your command.
- ▶ Support the DeCA “Healthy Choices for Life” program, which will be promoting Fruits & Veggies—More Matters® Month at your local commissary.
- ▶ Assess your command’s nutrition environment by completing the m-NEAT (previously known as CHOW) Assessment which can be found at: [http://www.nmcphc.med.navy.mil/Healthy\\_Living/Nutrition/chow.aspx](http://www.nmcphc.med.navy.mil/Healthy_Living/Nutrition/chow.aspx)
- ▶ Learn more about the guidance for implementing the Fruits & Veggies—More Matters® program within the Navy on the NMCPHC website at: [http://www.nmcphc.med.navy.mil/Healthy\\_Living/Nutrition/general.aspx](http://www.nmcphc.med.navy.mil/Healthy_Living/Nutrition/general.aspx)
- ▶ Support the USDA in promoting one of their key messages from the 2010 Dietary Guidelines for Americans, “Fill half your plate with fruits & vegetables.”
- ▶ Use the additional resources available in this month’s HP Toolbox! You’ll find it at: [http://www.nmcphc.med.navy.mil/Healthy\\_Living/Resources\\_Products/HP\\_Toolbox/toolbox\\_vegetables.aspx](http://www.nmcphc.med.navy.mil/Healthy_Living/Resources_Products/HP_Toolbox/toolbox_vegetables.aspx)

### POC, Links and Web Resources...

- NMCPHC Homepage: <http://www.nmcphc.med.navy.mil/>
- NMCPHC Healthy Living: [http://www.nmcphc.med.navy.mil/Healthy\\_Living/](http://www.nmcphc.med.navy.mil/Healthy_Living/)
- NMCPHC Nutrition: [http://www.nmcphc.med.navy.mil/Healthy\\_Living/Nutrition/](http://www.nmcphc.med.navy.mil/Healthy_Living/Nutrition/)
- CDC Fruits and Veggies—More Matters: <http://www.fruitsandveggiesmatter.gov/>